



York County
NEW YORK



THE

BSEERVER

June 2006

ISSUE NO. 143

YORKTOWN, The Senior Center of York has scheduled a variety of educational and entertaining programs during May. Participation is open to seniors age 55 or better and their spouses, regardless of age.

The Center is located at 5314 George Washington Memorial Highway (Rt. 17), Washington Square Shopping Center in Grafton, and is open Monday through Friday from 9 a.m. to 4:30 p.m. Reservations are required for all activities and are offered on a first-come, first-serve basis. To register, stop by the Center or call 898-3807. For more information, visit the Center's website at: www.yorkcounty.gov/comser/srcenter/center.htm.

AARP Driver Safety Program –

Monday, June 12 from 12:45-4:45 p.m. and Tuesday, June 13 from 12:30-4:30 p.m.



Designed for drivers age 50 or over. Drivers age 55 or over must attend both classes to receive state mandated three-year automobile insurance reduction. Many insurance companies give insurance reduction to drivers age 50 and over with the same attendance requirements. Those less than age 55 should check with their insurance company to see if they are entitled to a three-year insurance reduction. The cost of the program is \$10 and must be paid by check (made out to AARP) at the Senior Center. Payment is requested at time of registration. Registration may be made in person at the Senior Center or by mail, accompanied by the registration fee. There is no "behind the wheel" driving performed in this program. AARP membership is not required for registration. **Class enrollment is limited to 25.**

Cultural Day in June – Join us Wednesday, June 21 from 1-3 p.m. for our "Annual Tea" and an entertaining performance by Victoria Boone...as she presents a "Living History Performance - 1952 Arlene's School of Beauty and Charm." **Seating is limited to 60. Registration closes June 19.**

Health Day: Don't Let Osteoarthritis of the Knee Become a Pain – Join Dr. John Wagner on Wednesday, June 28 at 12:45 p.m. for a discussion on the signs and symptoms of osteoarthritis, how osteoarthritis causes knee pain, and the most up-to-date treatment information on osteoarthritis of the knee. Call the Center for more information. **Registration closes June 26.**

Pre-July 4th Celebration – To be held at the Center on Friday, June 30 from 11:00 a.m. to 2:00 p.m. Hot dogs, hamburgers, punch and much more will be provided. Participants are encouraged to bring a side dish or dessert to share with others. **Registration period ends June 26.**



June is Home Safety Month –



The Home Safety Council's® mission declares that they are "the only national non-profit organization solely dedicated to preventing home related injuries that result in nearly 20,000 deaths and 21 million medical visits on average per year." This year's Home Safety Month theme is "Hands on Home Safety", which advocates making a safer home environment to prevent major hazards including falls, fires and burns, and poisonings, by taking a few simple hands-on steps.

According to a 2004 survey conducted by the Home Safety Council®, falls are undoubtedly the leading cause of unintentional deaths from home injuries, with the vast majority occurring among persons age 65 or older. Take action by contacting York County's Fire and Life Safety Department to obtain a free fall prevention screening in your home. Call 890-3600 to schedule an appointment.

For more information on how to keep you and your loved ones safe at home, visit the Home Safety Council's® website, and view their on-line Safety Guide at:

http://www.homesafetycouncil.org/safety_guide/.

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Computer Classes and General Computer Use –

The computers are available for general use Monday through Friday from 9:30 a.m. to 3:30 p.m., unless the lab is reserved for programmed activities. To use the computers, you must sign-in at the front desk of the Center.



If you are registered for the Summer Computer Classes offered at the Senior Center and Grafton Middle School, class dates in June are as follows:

- **Beginner Lessons at the Center:** Tuesdays, June 6 and 13 from 1-3 p.m. and Thursdays, June 1, 8, and 15 from 9:30-11 a.m.
- **Intermediate Lessons at the Center:** Tuesdays, June 6 and 13 from 9:30-11:30 a.m. and Wednesdays, June 7 and 14 from 9:30-11 a.m.
- **Internet/Email Lessons at Grafton Middle School:** Mondays, June 5, 12, and 19 from 3-4:30 p.m.

Blood Pressure Checks – The York County Fire Department, Grafton Station, will conduct blood pressure checks at the Senior Center on Wednesdays from 12:30-1:30 p.m. Please call the Center ahead of time to let the staff know that you plan to take part in this service.



Dining Club – Do you want to meet new people, have fun, and enjoy a midday meal? Sign-up for the Dining Club, which meets at the Center on Tuesdays, Wednesdays, and Fridays from 10 a.m. to 1:30 p.m. Participants can exercise with Senior-cise Instructor, Sabine Huffman, every Tuesday, from 12:45-1:45 p.m. Participants must be 60 or older, or the spouse of someone who attends. Please call the Peninsula Agency on Aging at 873-0541 to register.

Help Wanted – We would like your thoughts and suggestions on any activities or programs for the Senior Center of York. Please contact the Center at 898-3807 if you have any special talent(s) to share, or would like to participate on the Program Committee.

Craft Activities: Call the Center for more information.

- **Crafts Unlimited:** Mondays from 9:30-11:30 a.m.
- **Knitting and Crochet Class:** Mondays, from 1-3 p.m.
- **Ceramics Classes:** Will meet 1st and 3rd Tuesdays from 2-4 p.m. Instructor is Debbie Reed, and classes are FREE. Projects make great gifts and treasures for your home. Pay for products as you go. Use instructor's stains or under glazes for \$2 per class, or purchase your own.
- **Art Class:** Tuesdays, from 10 a.m. to 1 p.m. Instructor is Myrna Graham. This class is for anyone, beginner or advanced. Come explore your interests and techniques!
- **Quilters:** Thursdays, from 1-3 p.m.
- **Scrapbooking Class:** Tuesday, June 13 from 9-11:30 a.m. Becky Wallace of Creative Memories® will be available to assist in the layout and organization of your book. Bring your photos and materials.



Cancer Survivors – The American Cancer Society would like to honor your victory in the fight against cancer. The York/Poquoson Relay for Life Survivor Reception and first lap around the track will take place at York High School on June 9. If you are a cancer survivor and would like to attend, please pick-up a Cancer Survivor Application at the Senior Center. Complete the application, and return it to the American Cancer Society office as soon as possible so that an invitation can be mailed to you.



NOTES:

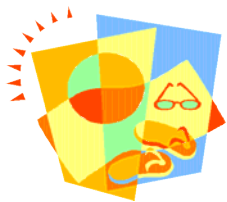


- If you plan to be out of town for an extended length of time and receive *The Observer* by mail, please call 890-3883, so that we can temporarily remove your name from our mailing list. This will help to avoid return postage fees. Thank you!

County of York
Special Programs
P.O. Box 532
Yorktown, VA 23690

Return Service Requested

Bulk Rate
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June 2006



The following calendar lists the ongoing activities offered to Senior Citizens at the Center. Activities and times are subject to change. For current information on classes, special events, trips, etc, call 898-3807. The Center is open Monday-Friday, from 9:00 AM to 4:30 PM. The Center is closed all County Holidays. For more details, visit our website at www.yorkcounty.gov/comser/srcenter/center.htm.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30-11:00 COMPUTER CLASS-BEGINNERS 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO-SCY 2:00-4:00 MATINEE IDLERS	2 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 1:00-2:00 ADV LINE DANCING
5 8:45-12:15 BODY RECALL 9:30-12:00 CRAFTS UNLIMITED 1:00-3:00 KNITTING & CROCHET CLASS 3:00-4:30 INTERNET/E-MAIL CLASS @ GRAFTON MIDDLE SCHOOL	6 9:30-11:30 COMPUTER CLASS-INTERMEDIATE 10:00-1:00 ART CLASS 10:00-1:30 DINING CLUB 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV LINE DANCING 1:00-3:00 COMPUTER CLASS-BEGINNER	7 8:45-12:15 BODY RECALL 9:30-11:00 COMPUTER CLASS-INTERMEDIATE 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHECKS 1:00-4:00 BRIDGE	8 9:30-11:00 COMPUTER CLASS-BEGINNER 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO-SCY 2:00-4:00 MATINEE IDLERS	9 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 1:00-2:00 ADV LINE DANCING
12 8:45-12:15 BODY RECALL 9:30-12:00 CRAFTS UNLIMITED 12:45-4:45 AARP 1:00-3:00 KNITTING & CROCHET CLASS 3:00-4:30 INTERNET/E-MAIL CLASS @ GRAFTON MIDDLE SCHOOL	13 9:00-11:30 SCRAPBOOK CLASS 9:30-11:30 COMPUTER CLASS-INTERMEDIATE 10:00 TRIAD MEETING 10:00-1:00 ART CLASS 10:00-1:30 DINING CLUB 12:30-4:30 AARP 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV LINE DANCING	14 8:45-12:15 BODY RECALL 9:30-11:00 COMPUTER CLASS-INTERMEDIATE 10:00 SCY BOARD MTG 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHECKS 1:00-4:00 BRIDGE	15 9:30-11:00 COMPUTER CLASS-BEGINNER 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO-SCY 2:00-4:00 MATINEE IDLERS	16 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 1:00-2:00 ADV LINE DANCING



June 2006



Monday	Tuesday	Wednesday	Thursday	Friday
19 8:45-12:15 BODY RECALL 9:30-12:00 CRAFTS UNLIMITED 1:00-3:00 KNITTING & CROCHET CLASS 3:00-4:00 INTERNET/E-MAIL CLASS @ GRAFTON MIDDLE SCHOOL	20 10:00-1:00 ART CLASS 10:00-1:30 DINING CLUB 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV LINE DANCING 2:00-4:00 CERAMICS CLASS	21 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHECKS 1:00-3:00 CULTURAL DAY 1:00-4:00 BRIDGE	22 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO-SCY 2:00-4:00 MATINEE IDLERS	23 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 1:00-2:00 ADV LINE DANCING
26 8:45-12:15 BODY RECALL 9:30-12:00 CRAFTS UNLIMITED 1:00-3:00 KNITTING & CROCHET CLASS	27 10:00-1:00 ART CLASS 10:00-1:30 DINING CLUB 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV LINE DANCING	28 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHECKS 12:45 HEALTH DAY- OSTEOARTHRITIS OF THE KNEE 1:00-4:00 BRIDGE	29 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO-SCY 2:00-4:00 MATINEE IDLERS	30 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 11:00-2:00 PRE-JULY 4TH CELEBRATION 1:00-2:00 ADV LINE DANCING

HEALTH CARE PROVIDERS

Free Family Medicine Clinic
1620 Old Williamsburg, Rd.

Yorktown, VA 23690

Phone: (757) 886-0608

Monday 9:00—11:00 A.M.

Thursday 5:30—8:00 PM

Pediatrician available
3rd Thursday of each month

DINING CLUB

Meets Tuesday, Wednesday, and Friday
from 10:00 AM to 1:30 PM.

Lunch is served from 11:30 AM to 12:30 PM.
If you are age 60 or older, or the spouse of
someone who attends, and you would like
to participate, call the Peninsula Agency on
Aging at 873-0541 to register, to arrange for
transportation, or for more information.

YORK COUNTY MEALS ON WHEELS

This program serves those who are
homebound and unable to obtain
adequate nutrition. If you would like
to participate in this program call the
York County Coordinator at 898-4252.

SENIOR CENTER EMERGENCY & INCLEMENT WEATHER POLICY

The Center will be closed if York
County Schools are: (1) Closed or (2)
If there is a delayed start.

Announcements of this nature will be
made as appropriate over local
RADIO STATION WXGY-FM 99.1
and TV stations.